



## Portobello Parmesan

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



48 kcal

SIDE DISH

### Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup basic marinara
- ☐ 2 ounces parmesan cheese fresh grated
- ☐ 1 pound portobello mushroom caps
- ☐ 0.3 teaspoon salt

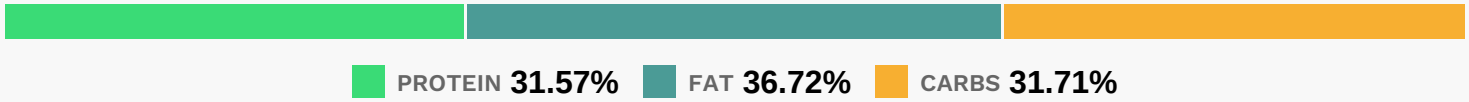
### Equipment

- ☐ baking sheet
- ☐ broiler

# Directions

- ☐ Preheat broiler.
- ☐ Remove brown gills from the undersides of portobello mushrooms using a spoon; discard gills.
- ☐ Place mushroom caps, undersides down, on a baking sheet coated with cooking spray. Broil for 5 minutes.
- ☐ Turn mushroom caps over; sprinkle evenly with black pepper and salt. Top each cap with 2 tablespoons Basic Marinara and 1 tablespoon grated Parmesan cheese. Broil 3 minutes or until cheese melts.

## Nutrition Facts



## Properties

Glycemic Index:13, Glycemic Load:0.6, Inflammation Score:-2, Nutrition Score:5.7443478262943%

## Nutrients (% of daily need)

Calories: 47.92kcal (2.4%), Fat: 2.13g (3.27%), Saturated Fat: 1.21g (7.57%), Carbohydrates: 4.13g (1.38%), Net Carbohydrates: 2.9g (1.05%), Sugar: 2.57g (2.85%), Cholesterol: 4.82mg (1.61%), Sodium: 336.5mg (14.63%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 4.11g (8.22%), Selenium: 12.33µg (17.62%), Vitamin B3: 2.87mg (14.36%), Phosphorus: 118.89mg (11.89%), Copper: 0.2mg (10.07%), Calcium: 90.5mg (9.05%), Potassium: 305.54mg (8.73%), Vitamin B5: 0.77mg (7.75%), Vitamin B2: 0.12mg (6.9%), Vitamin B6: 0.12mg (6.04%), Fiber: 1.23g (4.91%), Folate: 19.15µg (4.79%), Manganese: 0.09mg (4.47%), Vitamin A: 188.64IU (3.77%), Zinc: 0.56mg (3.76%), Vitamin E: 0.47mg (3.13%), Iron: 0.54mg (3%), Vitamin B1: 0.04mg (2.91%), Vitamin C: 2.14mg (2.6%), Magnesium: 7.93mg (1.98%), Vitamin B12: 0.11µg (1.89%), Vitamin D: 0.21µg (1.37%), Vitamin K: 1.18µg (1.13%)